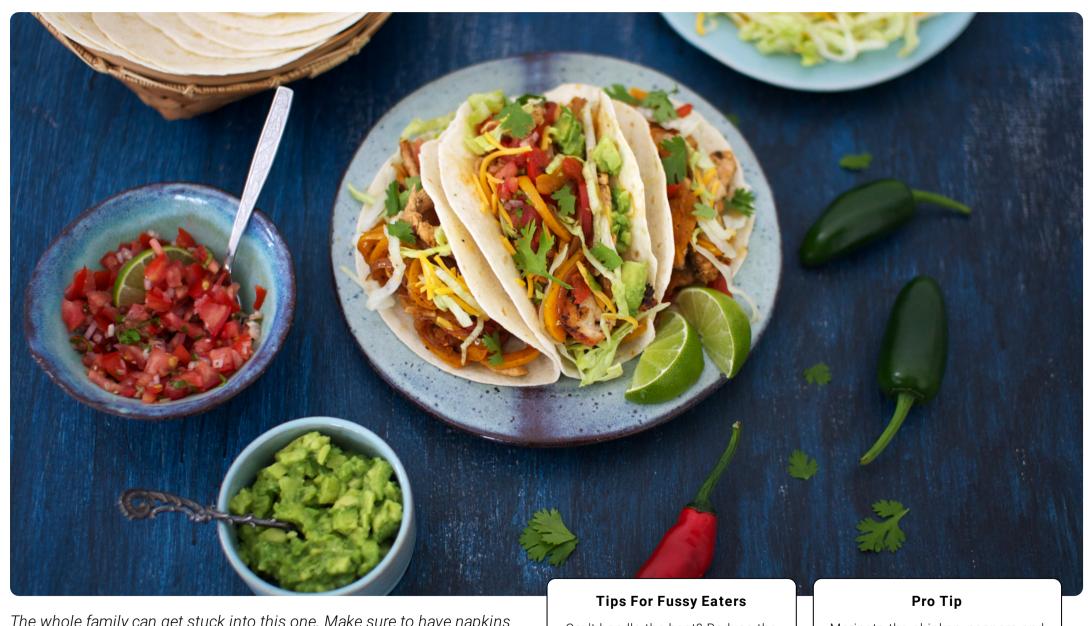
Chicken Fajitas

with Guacemole and Cheddar Cheese



The whole family can get stuck into this one. Make sure to have napkins at the ready!

Cooking Time: 20 min

Cals 659 | Prot 47 | Carbs 48 | Fat 35

Can't handle the heat? Reduce the chilli powder or remove it altogether.

Marinate the chicken, peppers and onions in advance.

Ingredients For 2 For 3 For 4 Chicken 500 600 Chicken breast 300 Grams Red onion 1 2 Piece Red pepper 2 2 Piece 2 1 Piece Yellow pepper Garlic cloves 3 4 Piece Olive oil 3 4 Tbsp 20 10 15 Fajita seasoning Grams 0.5 Salt Tsp Black pepper 0.5 Tsp Salad Baby gem lettuce 2 Piece Grated cheddar 90 120 Grams Salsa Fresh coriander 15 15 15 Grams 2 2 3 Tomatoes Piece 2 2 Lime Piece 0.5 0.5 Salt 0.5 Tsp Black pepper 0.5 0.5 0.5 Tsp Guacamole 2 Avocado Piece Tsp Salt 0.5 0.5 0.5 To serve 6" tortilla wraps 12 Piece Share Your #hellochef Pics With Us

Hello Chel

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1 Prep

Wash and chop the baby gem lettuce. Add it to a bowl along with the grated cheddar. Toss and set aside.



2 Make salsa

Peel and chop half of the red onion. Chop the **fresh coriander** and tomatoes. Juice half the limes into a bowl Add the tomatoes. coriander and onion Season with salt with a fork Set aside and pepper. Toss, set aside.



3 Make quacamole

Halve and de-stone the avocados. Spoon the flesh into a bowl. Season with salt. Squeeze the remaining lime juice over the avocado and mash



4 Fry

Peel and slice the remaining red onion. Slice the peppers. Peel and mince the garlic. Heat a drizzle of oil in a pan. Fry the **peppers** and **onion** for 3 min. Add the garlic and fajita **seasoning**. Cook for 2 min. Transfer the **onion** and **garlic** to a plate, reserve the pan.



5 Fry chicken

Slice the **chicken breast** into strips. Return the pan to a high heat with another drizzle of oil. Add the **chicken** and frv for 5 min or until cooked through. Season with a generous pinch of salt and pepper. Return the **peppers** and **onions** to the pan and give everything a good mix up.



6 Serve

Warm the **tortillas** in the microwave for 30 sec. Transfer the chicken and peppers to a bowl. Serve the **chicken** in the middle of the table alongside the lettuce, cheese, salsa, wraps and avocado.